

Campus Connect

December 2016



Staying on Track Through the Holidays

Many people find their clothes start to fit a bit tighter during the holidays. Between Thanksgiving and Christmas, it's easy to indulge a little too much in all the great food! While you certainly shouldn't deprive yourself during the most wonderful time of the year, these tips can help keep you on track:

- **Portions, portions, portions!** It's easier to eat more than usual when you're moving through a buffet filled with every type of food imaginable. Sometimes, taking even a small portion of everything can add up to a lot of food. Smaller plates and bowls can help keep your eyes from becoming bigger than your stomach. Remember, you can always go back for seconds of your aunt's famous stuffing - but once you've finished your first plate, you may find you are too full for another round.
- **Pick your priorities.** Try to put vegetables and fruit on your plate first, followed by lean protein. Use the rest of the space for heavier foods, like breads, casseroles, and sweets. With so much great food, it's tempting to try some of everything, but sticking to a few "favorites" can help keep you from consuming too much food.
- **Drinks still count!** Eggnog, hot chocolate, and wine are all wonderful holiday-time beverages, but they add calories, too. Try to use smaller cups, or fill your glass halfway. Having a glass of water in-between beverages will help keep you from drinking as many calories.
- **Stay active.** After you've finished a meal, round up some family members to go on a walk. It helps promote digestion and it will keep you away from the food long enough to let your stomach realize that it's full.

Remember, food isn't the most important part of the season. Instead, focus on spending time with friends and family during the holidays. Don't be afraid to enjoy your favorite foods - everything in moderation!

Community Movie Nights

MOVIES IN OUR COMMUNITIES



Renaissance Movie Night @ Chambers Pointe

Join us for Renaissance Movie Night on **Friday, December 9 at 6:30 p.m.** in the **Renaissance Club Room** at Chambers Pointe. Our feature presentation will be *An American Christmas Carol*. An adaptation of the classic Charles Dickens tale moves the story to New England, where stingy elderly businessman Benedict Slade (Henry Winkler) ruthlessly collects debts and makes life miserable for everyone around him. His unscrupulous behavior warrants a Christmas Eve visit from his ghostly former partner and other spirits that show him the error of his ways. Can Slade turn his life around and become a better person before it's too late? (Approximate running time is 98 min., not rated, 1979) [For more information, contact Shayla Scott @ 261-4000.]

Movies in the Village Square Hobby Center @ Brookview

On **Tuesday, December 6 at 1:15 p.m.** – “*How Great is Our God*” with Louie Giglio, a pastor at Passion City Church in Atlanta, Georgia. He is also a public speaker, author, and the founder of the Passion Movement. This talk paints a picture of what our lives look like when we live for something larger than ourselves. It is full of wonder, personal challenge and an incredible picture of God’s grace. Our life is a miracle, and the Creator of the universe knows each of us by name. He’s big enough to breathe out stars, yet intricate enough to fashion together the trillions of cells that make up every facet of who we are. (Approximate run time: 40 min., 2009, not rated.) [For more information, contact Village Square Life Enrichment @ 261-2490.]

On **Tuesday, December 27 at 1:15 p.m.** *An American Christmas Carol*. An adaptation of the classic Charles Dickens tale moves the story to New England, where stingy elderly businessman Benedict Slade (Henry Winkler) ruthlessly collects debts and makes life miserable for everyone around him. His unscrupulous behavior warrants a Christmas Eve visit from his ghostly former partner and other spirits that show him the error of his ways. Can Slade turn his life around and become a better person before it's too late? (Approximate running time is 98 min., not rated, 1979). [For more information, contact Village Square Life Enrichment @ 261-2490.] **Please note:** While everyone is welcome to the Hobby Center, due to a somewhat limited space, we request that special consideration be given to Village Square residents in regard to seating. Thank you!

Movie Night in the Village Square Lobby @ Brookview will return in January!

Northgate Movie Night

Northgate movie night will be on **December 14 at 7:00 p.m.** in the Multi-purpose room at Northgate, featuring the 1955 film “*To Catch a Thief*”. A notorious cat burglar (Cary Grant), long retired to tend his vineyards, enlists the aid of an insurance man to obtain a list of the most expensive jewelry owners when a series of robberies are committed in his style. At the top of the list is a widow and her daughter (Grace Kelly).

Community Opportunities

UPCOMING TRIPS:

NOTE: Reservations for Life Enrichment trips will be taken by the Life Enrichment office organizing the specific trip, regardless of which community you live on. The Life Enrichment office and phone number for making reservations will be indicated for each trip.

Shopping at the Dollar Tree

Village Square Life Enrichment staff will provide transportation to the Dollar Tree for Brookview Personal Care residents on **Thursday, December 1, departing at 1:00 p.m.** from the Village Square Lobby. Seating is limited, contact the Village Square Life Enrichment office at 261-2490 to make reservations for transportation. Brookview cottage and villa residents may sign up on the waiting list and will be notified if there is room on the bus.

Sugar Hollow Alpaca Farm

Chambers Pointe Cottage & Renaissance residents are invited to make reservations for a trip to the Sugar Hollow Alpaca Farm on **Wednesday, December 7** departing from the bus stops at **2:30 p.m.** You will have a chance to get up close and personal with these amazing animals and learn all about them. There is also an Alpaca Store where you may purchase unique items for yourself or as gifts. Seating for transportation is limited. Call the Chambers Pointe Life Enrichment office at 261-4000 to make reservations no later than December 2nd.

Luhrs 2016/2017 Season

Transportation is being offered to select performances at the Luhrs Center during the 2016/2017 season. Contact the Chambers Pointe Life Enrichment office to at 261-4000 to make reservations for transportation. Residents are responsible for purchasing their own tickets by calling the Luhrs Center box office at 477-7469. Transportation will be provided for the following performances:

- The Lennon Sisters Christmas – **December 13, 2016** (LIMITED TRANSPORTATION REMAINS)
- Spring Orchestra Concert – **April 23, 2017**
- Jack Hanna's Into the Wild – **April 29, 2017**
- PIPPIN – **May 3, 2017**

iPad Corner - Check out all that's happening with iPads!

Remember - **iPad Assistance is Available Weekly**

Life Enrichment staff members will be available to assist residents with their iPads each week at the following times.

Chambers Pointe Community: Manor Life Enrichment office (261-4000 or in-house ext. 2015)
Mondays –10:30 a.m. to 11:30 a.m.

Brookview Community: Village Square Life Enrichment office (261-2490 or in-house ext. 3126)
Wednesdays —10:30 a.m. to 11:30 a.m.

WORSHIP OPPORTUNITIES

Catholic Mass is held in both our Brookview and Chambers Pointe Chapels each month.

The Brookview Mass is held on the **first Thursday of each month at 1:30 p.m.** in the Brookview Chapel. The next Brookview Mass is scheduled for **Thursday, December 1.**

The Chambers Pointe Mass is held on the **first Wednesday of each month at 1:30 p.m.** in the Chambers Pointe Chapel. The next Chambers Pointe Mass is scheduled for **Wednesday, December 7.**

Rosary is held in both our Brookview and Chambers Pointe Chapels each month. Rosaries will be provided for those who do not have their own.

Brookview Rosary is held **every Tuesday at 9:15 a.m.** in the Brookview Chapel

(Please Note: Rosary will NOT be held at Brookview on the 5th Tuesday of the month for any months that have a 5th Tuesday.)

Chambers Pointe Rosary is held **every Friday at 9:30 a.m.** in the Chambers Pointe Chapel.

Lutheran Communion is held in the Brookview Chapel the second Tuesday of **every month at 1:30 p.m.** The next communion will be held on **Tuesday, December 13.**

Lou Ann's Alterations

Generally held the first & third Tuesday of each month at the Brookview Community: This month she will be here on **Tuesdays, December 6 & 20 from 9:00-10:30 a.m.** in the Village Square Social Rec. Room. Bring items that need minor repairs or altering and, unless otherwise stated, Lou Ann will return them at her next session. Fees will be determined by and are payable to Lou Ann Myers. *[For more information, contact Village Square Life Enrichment @ 261-2490.]*

Pet of the Month!

December's Pet of the Month is "Becky", a 1 ½ year old Pembroke Welsh Corgi owned by Northfield resident Barbara Hoffman. Becky loves to meet people and other dogs ... she especially enjoys trips to the dog park. She goes to day care once a week just so she has a chance to socialize. She also loves her cat, and they even wrestle for fun! Becky has lots of toys (maybe too many?). She likes to chew on antlers, but be careful if you give her a stuffed toy because she will destroy it! Barbara is careful about what she feeds Becky... healthy treats like milk bones are always best. Be sure to tune in to the in-house TV Ch. 956 during the month of December to see a picture of Becky! If you'd like your pet featured as a future Pet of the Month, call Sherry Kennedy at 263-8545, ext. 3273.

Bookmobile at Menno Haven Communities

The Bookmobile stops at both the Chambers Pointe and Brookview communities. They are scheduled to be here on **Monday, December 5.** Be sure to mark your calendar so you don't miss their visit! Locations and times are as follows:

- Chambers Pointe Community – The drive between the Manor & Renaissance buildings from **9:45 am-10:30 a.m.**
- Brookview Community - The drive in front of Village Square from 12:30-12:45 p.m. and at stop number 2 from **12:46 pm-1:00 p.m.**

Entertainment in the Brookview Chapel

Wednesday, December 6 at 2:00 p.m. – Brenda’s Angels “Christmas Memories” Music Program with Jeanne Kent

Thursday, December 8 at 2:00 p.m. – Tike & Cyndi Shriver

Sunday, December 11 at 3:00 p.m. – Salem United Brethren Children’s Program

Monday, December 12 at 10:00 a.m. – Christmas Traditions in America w/ Roy Justice

Tuesday, December 13 at 6:30 p.m. – Kind Club from Marion Elementary

Wednesday, December 14 at 6:30 p.m. – St. John’s Bell Choir

Friday, December 16 at 2:00 p.m. – Music Program with Jeanne Mummert-Kent

Tuesday, December 20 at 2:00 p.m. – Faith Messengers

Wednesday, December 21 at 10:00 a.m. - Christmas Selections on the flute by Mary Plasterer

Thursday, December 29 at 6:30 p.m. – Cumberland Valley Chorus

Chambers Pointe Community Book Club

The Chambers Pointe Community Book Club meets the first Friday of each month. Their next meeting will be on **Friday, December 2 at 2:30 p.m.** in the **William Penn Room of the Manor building.** December’s book is “A Man Called One” by Fredrik Backman. Check the Book Club basket behind the desk in the Manor Library for copies of the current book. Anyone interested in reading is welcome to attend, even if you haven’t read the current book. If you have any questions, please call Nancy Fricke at 267-5097.

Mercersburg Community Chorus Holiday Concert

December 3, 3:30 pm, Mercersburg Community Chorus Holiday Concert. Vaughan Williams: *Hodie*, Seasonal Music. Free concert. Bus departs from Northgate at 2:00 pm, Brookview Chapel at 2:05 pm and Chambers Pointe Renaissance at 2:15 pm. Transportation is provided free for all off-campus outings. Sign-up book is provided at the Northgate Concierge Desk for all events. Be sure to check our sign-up book at the concierge desk for added events!

“Christmas on the Farm” at Renfrew Park



December 4, 2:00 to 5:00 pm, “Christmas on the Farm” at Renfrew Park. Celebrate Christmas in the 1800's. The Museum House will be beautifully decorated and hosted by actors in period clothing. Caroling, storytelling and free refreshments. Admission: \$7.00 seniors. Bus departs from Northgate at 2:00 pm, Brookview Chapel at 2:05 pm and Chambers Pointe Renaissance at 2:15 pm. Transportation is provided free for all off campus outings. Sign-up book is provided at the Northgate Concierge Desk for all events. Be sure to check our sign-up book at the concierge desk for added events!

Wellness Health Talk: Hearing

Join us on **Friday, December 9 at 2:00 p.m.** in the **Chambers Pointe Chapel** for a Hearing presentation by Beltone followed by a question and answer period. Topics will include:

- How hearing loss affects people
- How hearing works
- Causes and degrees of hearing loss
- Symptoms of hearing loss
- Benefits and what to expect from hearing aids
- Advances in technology
- Contact information

Beltone will follow this wellness talk with a **FREE Clean and Screen** event on January 18, 2017 from 10:00 am - 12:00 noon at the Garden Level Lounge. This time and location was chosen for the convenience of the residents since this will be during the regular weekly Wellness / Blood Pressure Check. An Audiologist will be on site to screen hearing, check hearing aids and etc. Make an appointment by calling Life Enrichment at 261-4000.

Reading Circle

Join us on **Fridays in December beginning December 9th**, we have begun a new book: "The Children's Blizzard" by David Laskin. In 1888, a sudden, violent blizzard swept across the American plains, killing hundreds of people, many of them children on their way home from school. As Laskin writes in this gripping chronicle, portions of Minnesota, Nebraska and the Dakotas were heavily promoted as "land, freedom, hope" for thousands of impoverished European immigrants—particularly Germans and Scandinavians—who instead found an unpredictable, sometimes brutal environment. Laskin relates their stories of bitter struggle in the blizzard via survivors' accounts and a novelistic imagination. **Please note:** the Reading Circle generally meets on Fridays; please check your calendars each week for dates and times.

Christmas Caroling at Chambers Pointe

Limber up your vocal chords and dress warmly to prepare for an evening of caroling at the Chambers Pointe Community on **Saturday, December 10!** Meet at the Renaissance Dining Room at **6:00 p.m.** From there, our group will go outside to spread Christmas joy to our neighboring cottage residents. Then we'll return to the Renaissance Dining Room for yummy hot chocolate and cookies! Please plan to join us ... the more the merrier!

Inns of Gettysburg Holiday House Tour and Tasting

December 10, 10:00 am to 5:00 pm, Inns of Gettysburg Holiday House Tour and Tasting. Tour historic Gettysburg inns via staff driven bus. Enjoy festive music, taste specialty dishes prepared by the inns and enjoy local wines too. Tickets are \$20.00 and must be purchased prior to December 10 by calling [717-337-1334](tel:717-337-1334) or [717-337-1342](tel:717-337-1342). Bus departs from Northgate at 10:00 am, Brookview Chapel at 10:35 am and Chambers Pointe Renaissance at 10:45 pm. Transportation is provided free for all off-campus outings. Sign-up book is provided at the Northgate Concierge Desk for all events.

Open House at Ragged Edge Inn

December 11, 2:00 to 5:00 pm, Open House at Ragged Edge Inn. Special music and tours throughout the day. Admission is a wrapped gift marked for a boy or a girl. Bus departs from Northgate at 1:30 pm, from Brookview Chapel at 1:35 and Chambers Pointe Renaissance at 1:45. Transportation is provided free for all off-campus outings. Sign-up book is provided at the Northgate Concierge Desk for all events. Be sure to check our sign-up book at the concierge desk for added events!

“Paint it!”

Painting group offered **December 13 and 27, 1:30 pm-3:30 pm** at Northgate Creative Arts Center. \$10.00 fee for supplies per design. Please contact Tresa Day @ 261-2328 to register. Sign-up sheet available at Northgate Concierge Desk.

Concert at Ragged Edge Inn

December 17, 7:00 pm, Concert at Ragged Edge Inn: Award winning pianist Michael Faircloth and international violinist Jessica Miskelly. Bus departs from Northgate at 6:15 pm, Brookview Chapel at 6:20 and Chambers Pointe Renaissance at 6:30 pm. Admission is a free will offering. Transportation is provided free for all off-campus outings. Sign-up book is provided at the Northgate Concierge Desk for all events. Be sure to check our sign-up book at the concierge desk for added events!

“A Christmas Carol”

December 18, 2:00 pm, Totem Pole Players Present “A Christmas Carol” at the Majestic Theater, Gettysburg. Residents must purchase own tickets by calling the Majestic Theater box office at 717-337-8200. **THIS SHOW SELLS OUT QUICKLY! PLEASE PURCHASE TICKETS AT YOUR EARLIEST CONVENIENCE!** Bus departs from Northgate at 1:00 pm, Brookview Chapel at 1:05 pm and Chambers Pointe Renaissance at 1:15 pm. Transportation is provided free for all off-campus outings. Sign-up book is provided at the Northgate Concierge Desk for all events. Be sure to check our sign-up book at the concierge desk for added events!

Destination Dinner at Kenzo

December 26, 4:30 pm, Destination Dinner at Kenzo. Japanese and Asian cuisine, BYOB. Departs from Northgate at 4:00 pm, Brookview Chapel / 4:05 pm and Chambers Pointe Renaissance / 4:15 pm. Transportation is provided free for all off-campus outings. Sign-up book is provided at the Northgate Concierge Desk for all events. Be sure to check our sign-up book at the concierge desk for added events!

Christmas Lights Tour

It’s so nice to venture out through our local community to see all the beautiful Christmas decorations and lights! Here’s your opportunity to do just that. Life Enrichment will be taking residents for a Christmas Lights Tour on **Tuesday, December 27, departing at 6:00 p.m.** Transportation seating is limited, so make your reservation soon by calling the Life Enrichment office at in-house ext. 2015 or 261-4000.

Coffee & Conversation



Residents are invited to have coffee and conversation with the CEO, Chief Officers, and Executive Directors on the off months of Towne meeting. Meetings for the remainder of the year will be held the first week of December. Coffee and conversation is an informal time with Menno Haven's leadership that is open to residents at all levels of care. Mark your calendar to join one of the sessions at your community.

Chambers Pointe residents: The **first Tuesday at 1:30 p.m.**, Chambers Pointe Chapel

Brookview residents: The **first Wednesday at 1:30 p.m.**, Brookview Arbor Room (Please note change in location)

Villa/Northgate residents: The **first Thursday at 10:00 a.m.** in the Northgate Multi-purpose rooms

Reminder about Dry Cleaning Service

Tip Top Cleaners picks up and drops off at the reception desks at each community. Please remember to put your dry-cleaning in a sealed bag with your name and location attached. Your charges for Tip Top will appear on your Menno Haven monthly bill. The following are pick-up and drop-off days for each community.

- Brookview: **Tuesday & Fridays** at the Village Square front desk
- Chambers Pointe: **Monday & Thursday** at Manor front desk
- Brookview: **Tuesday** at Northgate front desk

Next Newsletter Information

The next issue of the Campus Connect will be distributed on December 28. **Information is due by December 16.** Any information submitted after the deadline will not be included. **Send your information to Katie Bingaman at kbingaman@mennohaven.org.**

From the Chaplain's Team

Volunteers Needed:

1. Ushering
2. Caring Friends visiting
3. Abiders "*being present in one of life's tender moments*"



Bereavement Support Group:

Bereavement Support Group will be the 4th Tuesday of each month, 2:30 p.m. at the Chambers Pointe Conference Room.

Altar Flowers:

Altar flowers for Chambers Pointe and/or Brookview Chapel may be sponsored. Cost is \$25. Flowers may be put in loving memory or honor of a loved one.

- For Brookview please sign up on the chart near the restrooms outside the chapel or call Katie Bingaman at 261-2365.
- For Chambers Pointe please sign up on the chart outside the Garden Level Lounge or call Chaplain Brenda Doyle at 709-4540.

Talk to a chaplain or call Katie Bingaman at 261 - 2365 for additional questions.

Upcoming Event:

Christmas Program and Worship
December 19—Brookview Chapel @ 6:00 p.m.
December 20—Chambers Pointe Chapel @ 6:00 p.m.

Resident Message Board

Welcome to the Resident Message Board! If you have a message, a picture or a note of thanks, please send it to Katie Bingaman to include on the message board. If you have any questions, please call Katie Bingaman at 261-2365.

Please remember to make a plan for taking care of your campus mail delivery when you go away for extended periods, such as over the winter season. For example, you could arrange for a neighbor or family member to pick up your mail during your absence to keep it from piling up.



Reminder: A leash and a bag for all tails that wag. Please remember to clean up after your pet.

Nursing Notes

Due to privacy standards, hospitals, including Chambersburg Hospital, do not notify Menno Haven staff of admissions of Independent or Residential Living residents. The only communication occurs if the resident needs to be admitted to a higher level of care; this usually occurs at the end of the hospital stay. We often find out about hospitalizations from family, friends, or the residents themselves. Our chaplains also work hard to keep the rest of the Menno Haven staff updated. If a resident does not want this information announced publicly, we honor that wish, and do not list information on the TV scroll or announce on MennoTalk. However, we do notify strategic staff members, so that appropriate services can be provided as needed. If you know of a hospitalization, please feel free to notify Menno Haven staff. This helps us to be proactive in caring for our valued residents.

Wellness Blood Pressure Clinic:

Brookview: Every Thursday in Room 220 Village Square from 10:00 am - 12:00 pm
Walk-in Clinic, no appointment needed.

Chambers Pointe: Every Wednesday in the Garden Level Lounge from 10:00 am - 12:00 pm
Walk-in Clinic, no appointment needed.

To All Independent Living Residents: A Message from the Safety Committee

Please dispose of your used needles in sharp containers. These approved containers can be requested from Kim Peiffer, Community Nurse. For proper disposal of sharp containers, see “Green Team News” below.

Flu Shots

Although we are done with flu shot clinics, we still have high dose vaccine available for residents age 65 or older. If you want a flu shot, please contact Kim Peiffer at 263-6620.

Canasta or Hand & Foot

Have you ever played Canasta or Hand & Foot? Would you like to learn to play? We meet **every Monday at 1:00 p.m.** in the Social Rec. Room by the pool in the Renaissance. Everyone is welcome! For questions, contact Jacqui Whitfield, 264-4041, or Irma Kaslow, 709-4356.

Roy Justice—Singing Historian

Menno Haven Visual and Performing Arts Committee presents: Roy Justice – Singing Historian; “Christmas Traditions in America”

Date of Performance: **December 12, 2016**

10:00 am – Brookview Chapel

2:00 pm – Chambers Pointe Chapel

7:00 pm – Northgate Living Room

This offering is free – Donations are gladly accepted.

Green Team News

Menus on the web and via email: As noted in the November Campus Connect, you can download weekly menu specials from the web. But, also noted in that issue, you can also receive weekly menus via email. The second option would be the most convenient. Just give your name and email address to any receptionist. This will allow you to get the menu in electronic form and not on paper, which saves resources and money for Menno Haven.

Flex accounts: Resident with flex accounts for dining will receive a listing of their spending with their monthly bill. There is an option to opt out of this listing (which many residents have done – newer residents may not know about this). Just contact Rhonda Layton at: (717) 261-2343 or, by email: laytonr@mennohaven.org. Doing so will save some both paper and printing costs.



Medications collection: The medications collection on October 26 was a great success. About 30 pounds of medications were collected. As noted in the November issue of the Campus Connect, the disposal of sharps can be done by obtaining a certified sharps container and then have Menno Haven properly dispose of them. Contact Kim Peiffer at 263-6620 to get the container. This is the preferred disposal method. *The next medications collection will not include sharps.* The picture shows Green Team

members Jerry Keyser and Ted Barlow helping the officer collecting medications.

Recycle containers: Penn Hall will be getting three new recycle containers. Two of them will be located in each of the Manor and Renaissance mailrooms and one will be located in the nursing center activity room. Watch for them! All Manor and Renaissance residents should deposit their junk mail, magazines, etc. into these containers. The container in the nursing center will be for families of nursing center residents to deposit recyclables. In addition to newspaper, magazines, and junk mail, the containers will also accept plastic water and soda bottles, aluminum drink cans and glass drink bottles.

Great Decisions

Great Decisions will meet in the multipurpose room at Northgate **every Wednesday from 8 February through March 29 from 1:30 pm to 3:00 pm.** The topics will be: The Future of Europe, Trade and Politics, Conflict in the South China Sea, Saudi Arabia in Transition, U.S. Foreign Policy and Petroleum, Latin America's Political Pendulum, Prospects for Afghanistan and Pakistan, Nuclear Security.

If you wish to join the group, please phone Vera Reber at 267-1398 or e-mail her at vbrebe@innernet.net by January 21, so she can purchase the required briefing books, which will cost \$25 each. If you have any questions feel free to call or e-mail.

Annual Cookie Day

Annual cookie day will be on **Monday, December 5, 2016 from 9:30 - 11:00 A.M.** in the Club Room at Northgate. Bring one dozen cookies for the Nursing Center and six cookies to share with coffee (or tea). Please label any cookies that have peanuts or peanut butter.

Holiday Sing-a-long

Come and start off this holiday season with singing, hot cocoa and fellowship. Join us on **Monday, December 5 at 7:00 pm** in the living room at Northgate. If you have any questions, please call Jeri Dunham at 263-5989.

Menno Haven's Development Services would like to thank each of you who financially



supported the ministries of Menno Haven through a donation this year! It is very apparent that you love your home here and that you are vested in living out Menno Haven's mission to "be an innovative organization that nurtures the human spirit, is passionate about service, and demonstrates God's love, one person at a time". Your donations have included not only cash, but material items and investments, which all work together to benefit the programs we have here. Thus far in 2016 we have received 2 cars, one of which is utilized by our Security staff, and the other is being utilized by our Menno Haven At Home department. We have also received a large donation of sterling silver and gemstone jewelry, which we are selling to benefit our Benevolent Fund, a seated walker and a wheelchair for use in Therapy Services, a music system for our Northgate facility, framed pictures, which we will use in a silent auction next year at our Golf Classic, a flat screen TV with a wall mount, which is being used in one of our nursing centers, and 8 remote control sailboats, with all the necessities to work and maintain them, which are for the pleasure of our sailboat enthusiasts, as well as all who enjoy watching the sailboats sail around our lakes. Along with these gifts, we received a donation of a life insurance policy and we were the recipient of 2 bequests from Wills. All of these gifts, along with all of your financial donations, especially for our Benevolent Fund, are enhancing the quality of life for all of our residents and even our employees. Again, we say **THANK YOU!** We pray that God will continue to bless you and your families, as well as Menno Haven's endeavors to enrich your lives, throughout the remainder of this year and on into our future.

Donating Your IRA to a Charity is a Great Way to Give

An IRA rollover, also known as a Qualified Charitable Distribution, is one of the best ways, from a tax prospective, to make a gift to the charity of your choice. Menno Haven, as a 501(c)3 organization, is classified as a charity, so when considering a gift, please consider gifting to Menno Haven. There are many income and estate tax benefits when gifting to a charity, so here are some benefits to consider regarding an IRA rollover gift to a charity.

An IRA rollover gift allows an individual who is at least 70 ½ years old to transfer any amount, up to \$100,000 directly to a charity. If you take a standard deduction, doing your gifting through an IRA qualified charitable distribution is a vast improvement, because otherwise, you pay income tax on the amount of your charitable gifts. Some of the other benefits of doing an IRA qualified charitable deduction include:

- This type of gift counts towards your required minimum distribution
- You may reduce the amount of your Social Security income that is taxable, as well as the cost of your Medicare premiums
- You may be able to avoid a higher income tax and/or capital gains tax rates
- Upper income individuals or families may partially avoid the phase-out of itemized deductions and personal exemptions and the 3.8% Medicare surtax.

**Be aware that your unique tax situation will determine your benefits. Menno Haven does not offer tax advice, so consult your tax or financial advisor to make sure that you are doing what is best for you.

If you would like to discuss donating your IRA to Menno Haven, call Chuck Nelson, Executive Director of Development Services, at 262-1019 for more information. Chuck will be glad to discuss this, or other types of gifting vehicles, with you and/or your financial advisor.

NEW—Menno Haven Online Store

Menno Haven is excited to introduce the **Menno Haven Online Store!** We have received innumerable requests for new logo wear and other items, and so we have worked hard to provide a starter catalog for Team Members, Residents, and anyone else who wants to sport some Menno Haven gear.

Come check us out at [Menno Haven Online Store](https://mennohaven.caskeygroup.com/)
<https://mennohaven.caskeygroup.com/>

We will be adding more items soon, especially winter gear. And to get us off to a great start, we are offering 20% off for the store “Grand Opening” through December 31st, just in time for your holiday shopping! You may have items shipped to your home for a fee, or they can be picked up at the Marketing Office at no extra charge.

Happy shopping!

Christmas Caroling Through-out the Brookview Cottages & Townehomes

On **Tuesday, December 6, approximately 6:30 pm**, families from Grace Baptist Church of Waynesboro will be caroling.

On **Wednesday, December 14, 6:30 pm—7:30 pm**, children and parents from Antrim Brethren in Christ will be caroling.

Turn on your porch light to make these groups feel welcome.

Have you taken a walk along the Conococheague Creek, along the Menno Haven Creekside Trail? It is truly a beautiful walk and each season is different.

It was only after I had been here a couple years that I came to know the primary 'keeper' of the trail, Todd Pogue and the Menno Haven Grounds Team. Todd is a quiet, soft spoken steady worker. The trails span over a mile's worth of lovely scenes superbly groomed, trimmed and mowed!

Special thanks to Todd, the Grounds Team who maintain the trails and to the various members of the Menno Haven Painting Crew who keep the three bridges in excellent shape.

Their work enables us to enjoy the natural beauty of God's Creation right here on campus.

Mike Cavanaugh, Brookview Resident



Transportation News



Transportation Services – 261-2526

Menno Haven Transportation is now available **Monday through Friday, between 8:00 am and 6:00 pm and Saturdays from 8:00 am to 4:30 pm.** Please call 261-2526 to schedule transportation.

Transportation to medical appointments within Chambersburg area – now accepting appointments as late as 4:00 pm, call for return by 5:30 pm

On-campus and between campus transportation – complimentary service, call to request

Regularly scheduled shopping options (see Complimentary Shopping Trips)

Caregiver assistance, by request, when you need a little extra assistance getting from your home to the vehicle and into the doctor’s office waiting room.

To learn more about any of these services or to discuss your transportation needs, please give us a call – 261-2526.

Transportation Services Holiday Changes

Walmart complimentary shopping trip moved to **Wednesday, December 14** to accommodate your Christmas Shopping! Call 261-2526 to sign-up.

2016 COMPLIMENTARY SHOPPING TRIPS Chambers Pointe & Brookview Apartments, Cottages and Villas Call the Transportation Office at 261-2526 to make reservations	
Wal-Mart Last Thursday each month Departure Brookview: 1:15 p.m. Departure Chambers Pointe: 1:30 p.m.	Giant & Butcher Shoppe Every Thursday Departure starts on Brookview at 9:00 a.m., Then on to Chambers Pointe
Target Shopping Center Second Tuesday each month Departure starts on Brookview at 9:00 a.m., Then on to Chambers Pointe	Kohl’s Shopping Center Fourth Tuesday each month Departure starts on Brookview at 9:00 a.m., Then on to Chambers Pointe

Note: *Beginning January 1, 2017, the Kohl’s and Target trips will be accommodated through individual requests for shopping by calling 261-2526.*

Auxiliary News

The Menno Haven Auxiliary operates the campus shops as a fundraiser to support projects on our campuses that "Brighten the Life" of our residents and "Lighten the Load" of our staff. We not only need your support as a customer, but as a VOLUNTEER to clerk in the shops. Please contact Sherry Wengert, Director Volunteer Services at 261-2526 to learn more about volunteering in one of our auxiliary operated stores.

Gift Card Orders – Due December 9

Just in time for the Holidays!! The Auxiliary is taking Gift Card orders. Is there someone you'd like to send a little gift along with their Christmas Card? Or order a few cards for your favorite stores. Stay inside and take care of your shopping by completing an order form.

Order forms have been delivered to campus residents, employees, and will be available for guests or family members at all reception desks. Also don't forget the Glass House and Gift Shop has a selection of gift cards available all year! Support the auxiliary and order your gift cards from us!

Orders will be taken from **November 25 to December 9th**.

Gift Card orders will be delivered within approximately 10 days from ordering.

Auxiliary Christmas Social – Friday December 2, 2016

ALL residents, employees, and volunteers are cordially invited to attend the annual Christmas Social. The event will take place from 2:00 pm to 3:00 pm at the following locations:

Brookview Community:
Village Inn Dining Room
Brookview Nursing Center Sunshine Room
Walden Inn
Northgate Club Room

Chambers Pointe Community:
Manor Dining Room
Renaissance Dining Room
Chambers Pointe Nursing Center

Please plan to attend the location of your choosing to enjoy time with your friends and neighbors.

Barbara Seylar, Hospitality Chairperson



Gift Shop News

12 DAYS OF CHRISTMAS SALES!

Share the joy & celebrations from our campus gift shops!

**20% discount Sales Days for selected gift items each day &
50% off all boxed Christmas Cards until Christmas!**

Thursday, *December 8* – Store wide sale to all Residents & Visitors

Friday & Saturday, *December 9 & 10* – Russell Stover Candy, coloring books, toys & stocking stuffers

Monday, *December 12* – Soaps, Lotions, handmade dish cloths & towels, plus scrubbies

Tuesday, *December 13* – Store wide sale to all Volunteers

Wednesday, *December 14* – Watches, Jewelry & Scarves

Thursday, *December 15* – Russell Stover Candy, Handbags, Walker bags, & Purses

Friday & Saturday, *December 16 & 17* – Store wide sale to all Employees

Monday, *December 19* – Nativity scenes, Angels, snowmen, & candles

Tuesday, *December 20* – Battery pictures, wall hangings & stocking stuffers

Wednesday, *December 21* – Russell Stover Candy, plush items and decorations

Thursday, *December 22* – Store wide sale to All customers

Friday & Saturday, *December 23 & 24* – Store wide sale to All customers

(20% discount Sale excludes all individual cards, snacks & Choice Books)

HOURS:

The Village Gift Shop – Brookview Nursing Center

Monday through Friday – 9:30 am to 3:30 pm

Saturday – 10:00 am to 2:00 pm

The Glass House – Chambers Pointe

Monday through Friday – 10:00 am to 2:00 pm

Northgate Curio

Displayed items available for purchase.

Ethel Clugston, Gift Shop Coordinator

Treasure Chest Notes

If we look at the displays in the retail stores and advertisements in our mail we have begun to think of Christmas early, whether or not we are ready to do so. Since we have a lot of Christmas items in the Treasure Chest we have had these items out early for sale. Come see what you might want for a different decoration theme this year.

Our inventory also includes an abundance of coats and winter clothing in good wearable condition. Shopping in the thrift store will help reduce your holiday budget outlay.

The **Christmas Sale will be December 15th, 16th and 17th**. You can pick up some good last minute items for this year's decorating or wearing. And, we always enjoy chatting with our friends and neighbors, so come see us soon!

Our hours:

Thursday, 9:00 am – 3:00 pm
(donation receiving day)

Friday, 9:00 am – 3:00 pm

Saturday 10:00 am – 1:00 pm

Treasure Chest – 261- 2373

Velma Campbell, Manager & Lani Clark, Co-Manager

Call with questions or for assistance: 267-5083.

Volunteer Opportunities

There are a variety of ways for community members to be involved as a volunteer right here at Menno Haven. A few opportunities, not all inclusive, are listed below where we may have regular openings or need some additional volunteers trained to serve as needed substitutes. Please consider serving as a volunteer, as it's a great way to meet new friends!

Current Volunteer Opportunities.

Volunteer at Chambers Pointe – 261-4152 – Janet Hyatt

Manor Desk Reception – lunch coverage – regular openings or substitute (Chambers Pointe)
Camcorder Operator - Chambers Chatter – opening 2nd and 4th Monday, or train to serve for special programs or substitute.
Glass House and Country Store – clerk in an auxiliary store that raises money to support projects on our communities. Regular openings and substitute positions available.

Volunteer at Brookview Nursing Center and Personal Care – 261-2527 – Justine Hartman

Pool Testing at Village Square – test the pool water temperature and chemicals on weekends. Morning and afternoon openings or substitutes needed.
Village Store – clerk in the convenience store. Openings on alternating Monday afternoons and alternating Wednesday afternoons (12-2pm), or serve as a substitute. Supports the auxiliary!
The Village Gift Shop – clerk in the gift shop for a 2 hour shift and support the auxiliary in their fundraising endeavors!
Household Assistants – serve on a household of our nursing center assisting with daily living tasks, such as serving water pitchers, taking people to and from meals, activities, or other appointments in-house.

Volunteer at Brookview Northgate Commons – 261-2527 – Justine Hartman

Northgate Concierge – volunteers needed to greet and welcome visitors from 11am to 3pm on weekends. We are also looking for people willing to check the voice mail / call-ins. Regular Sunday openings and substitutes needed.
Pool Testing at Northgate – test the pool water temperature and chemicals on weekends. Morning and afternoon openings or substitutes needed.

Volunteer for Menno Haven Transportation – 261-2360 – Sherry Wengert

Drivers – assist Transportation Services in taking residents to medical appointments, on shopping trips or other outings. Drivers use Menno Haven vehicles and no CDL required. Experience driving motor home or larger van is helpful.
Escorts – accompany individuals to medical appointments from our personal care and/or skilled nursing centers. Or, assist staff with a resident outing – shopping, eating out, country drive, etc.

To apply on-line, the volunteer application is found on the Menno Haven website – www.mennohaven.org, search for volunteering. All volunteers receive orientation and training before taking on a volunteer assignment.

MERRY CHRISTMAS

Sunday, December 25, 2016

Village Square Dining Room

Seated Dining—11:30AM

Buffet Dining—1:30 PM

Price: \$16.00

Children Ages 6 - 12 \$8.00

Children under age 5 Dine Free

Appetizers:

Spring Mix Salad with Dried Cranberries,
Toasted Almonds and Village House
Dressing

Entrée:

Pork Roulade with Pan Gravy; Salmon
With Lemon Dill; Vegetable Lasagna

Accompaniments:

Roasted Red Skin Potatoes; Mashed
Sweet Potatoes with Pecan Topping;
Green Beans Almandine

Desserts:

Assorted Desserts

Please call Sarah Emory or Kristi
Eshleman to make Reservations
717-263-8545 EXT. 3541.

Reservations are required by: Thursday,
December 15, 2016

Manor Dining Room

Seated dining—11:30 AM

Buffet dining—1:30 PM

Price: \$16.00

Children Ages 6 - 12 \$8.00

Children under age 5 Dine Free

Appetizers:

Mixed greens with Feta cheese, Chopped apples,
cranberries served with Raspberry Vinaigrette, Lime
Gelatin Salad (crushed pineapple, maraschino
Cherries, whipped topping)

Entrees:

Top Round of Beef with Au Jus; Baked Salmon with
Dill Sauce; Vegetarian Baked Ziti

Sides:

Mashed Potatoes with Gravy; Steamed Broccoli;
Harvard Beets

Dessert:

Red Velvet Cake with White Icing; Pecan Pie;
Mincemeat Pie with Vanilla Ice Cream

To make reservations for the Manor Dining Room, please
call the Dining Services Office at 261-4171.

Reservations are required by Friday, December 16, 2016.

Did you know that you can receive the list of cafe weekly specials via email?

If you are interested please select which weekly specials you would like to receive. Write your email address and turn this in at any front desk.

Name _____

E-Mail Address _____

(check the ones you would like to receive)

_____ Northgate—Cypress Café and Chestnut Landing

_____ Brookview—Village Square Café and Village Inn

_____ Chambers Pointe—Blue Willow Cafe

Wellness News

Have a very Blessed Christmas and a Happy New Year from Robin, Tammy and Rhonda!

Chambers Pointe:

All exercise classes will be canceled on **Monday, December 26 and Tuesday, December 27.**

It's cold outside so come on over to the Renaissance and enjoy a pool class **Monday - Thursday from 9:00 am –9:45 am** or participate in the Buddy Swim on **Tuesdays and Thursday from 2:00 pm—3:00 pm.**

Thank you for all the sympathy cards for the loss of my mother-in-law, it is a blessing to work with such caring people, also thank you Menno-Haven for the gift card from the Butcher Shop.”
Robin Updegrave

New exercise equipment is now available to you. Let Robin show you all the “bells and whistles” on **Monday, Wednesday and Friday from 1:00 pm—2:30 pm and Tuesday and Thursday from 1:00 pm—2:00 pm.**

Brookview Wellness:

All exercise classes will be canceled on **Friday, December 23 and Monday, December 26.**

If you reserve the pool, please sign the attendance sheets. Thank you!

We are re-starting our early morning pool class on Tuesdays and Thursdays. If you interested please call Rhonda at 263-8545 ext. 3128. Thanks

It's a bargain you can't afford to miss!

The Spanish Club was created in November 2016 for Menno Haven residents who wanted to learn a new language and improve cognitive skills.

It is taught by Bill Worden, a college professor from the University of Alabama. He uses a video and gives students explanation for grammar and practice pronouncing words.

Thirty lessons for only \$12.00.

The deadline to sign up is Friday, January 6, 2017.

Call Jay Reilly at 263-6745 or Skip Leach at 264-2908 to sign up or if you have any questions.

Class starts on **Friday, January 13, 2017** and will be held in the Multi-purpose room at Northgate on Fridays from 10:00 AM to 12:00 noon.

Giving Thanks

During the holiday season, it certainly is a time to reflect on a wonderful year and the blessings we all have. As our hearts fill with the spirit of the season, it is a great opportunity to show our personal gratitude by sharing with others in our community that provide services and support to the less fortunate.

There are various opportunities for individuals to make charitable gifts and take advantage of current IRS regulations that would provide them with a possible tax benefit. Some examples of this include the gifting of appreciated securities to a charitable organization or the direction of the Required Minimum Distribution from your IRA directly to a charity.

Any activity that you may consider to utilize a tax benefit needs to be discussed with your tax advisor prior to making that decision. However, the investment professionals at F&M Trust are available to discuss various aspects of charitable giving that might be of interest to you. Please give us a call if you would like more information.

F&M Trust Freedom Card

"The easy way to pay"- The F&M Trust Freedom card is great for hassle free holiday shopping! You can pay for your holiday shopping without cash, checks or credit cards. And at the same time, you can have quick and easy access to cash and your F&M Trust accounts around the clock, 24 hours a day. You can use the Freedom Card at any F&M Trust ATM or at any retailer where MasterCard is accepted. Use your Freedom Card and give yourself the gift of convenience!



Holiday Hours

Monday, December 26th

All F&M Trust offices will be closed for the Christmas holiday.

Monday, January 2nd

New Year's Day: All F&M Trust offices will be closed in observance of New Year's Day

Christmas is just around the corner!
We have new, crisp currency and money envelopes available now! And don't forget to pick up your 2017 calendar.

Monthly Security Tip

Gift cards will continue to be one of the most popular gifts this holiday season. Due to their accessibility, thieves often copy the number listed on the back of the card and wait for it to be activated at a store register. Protect yourself from gift card fraud by checking to make sure your card has not been tampered with prior to purchase. If the packaging is damaged or the back has been scratched off to reveal the number underneath the magnetic strip, ask your store associate for a new card.

Holiday Greetings

We would like to take this time to wish everyone at Menno Haven a Happy Holiday and a happy, healthy New Year!

-Barb Seylar, Megan Barnhart, Kathy Arnold, and April McCulloh





Winter Word Search

Z C H R N V F G E M I T T E N S T L
P S L F P B N R T X Y M M M U O S U
F P Z Y Q I B S A G T N W J X A O L
M F G R D G W T L C A Z K I Y H R K
M H L D Y K F O O P S U A I X I F M
X F E S I S V P C H O I K K B P D Z
H L I K A E H R O F A I C W W I H F
S I Z A S R L O H J I T J I M R E K
X K N T A H S K C L C G S H C O U G
B Y R I T H I P T C N G Z P E L Y H
V I K N N O Z W O A P O L Q F P E X
Y M P G Z X H H H Q R Z G S R E I S
Z Y Q R A P O E U X H S T A O C O F
B U J C T W T F R K U V G S T D W W
Q C G C D E M I Y N M O V H A N O M
A X X N N Z D Q C T Y I Y S Q N L Z
O K J S C O L D D V E K U S S F R F
E V Z D B J U O L O Q D K U S V F F

COATS

GLOVES

ICICLES

SKATING

COLD

HATS

MITTENS

SLEDDING

FROST

HOTCHOCOLATE

SCARF

SNOW



ElderDay News

Your Partner in Caregiving – A Home Away From Home

Vicki Krenitsky 709-4510

ELDERDAY HOURS

Monday—Friday
7:30AM to 5:30PM
Unless a 24 hour
reservation is made to be
open earlier

CATHOLIC MASS & ROSARY

1st Thursday of each month
at 1:30 p.m. and the Rosary
will be held every Friday at
9:30 a.m. in the Chambers
Pointe Chapel.

PODIATRIST DATE December 1

CAREGIVER MEETING

3rd Wednesday of each
month in the Chambers
Pointe Conference Room
from 1:00 pm—2:00 pm

Questions?
Call Vicki 709-4510

Message from the Director

Here we are with Christmas just around the corner - our tree is up, most of the gifts purchased (no I don't go out on Black Friday) and beginning to get some baking and wrapping done. I love this time of year and many of you know, I collect Santas. I have over 200,

some from various countries and many given to me by friends and family. Nothing like sitting in my living room with only the tree lights on and having the Santas to enjoy. I also have several old toys that were mine, my husband's and our boys that I put under the tree – certainly brings back lots of wonderful memories! It's fun to see our 5 y.o. grandson playing with our 'old' dominoes which makes 3 generations using them.

This will be the last December newsletter that I will be writing. I know word has gotten out and you know I will be retiring May 2017. Yes, it's a hard decision to make but as I've been told, "you'll know when it's time", so here it is. I have so loved working here, meeting so many families and clients and working with wonderful staff. I will think of you often and continue to look forward to seeing many of you in the community.



Welcome—New Clients

Richard Hurley is from the Newville area. He was an engineer for modular Home in the US housing industry. He loved hunting and fishing, cabinet making and did all the home repairs around the house. They also enjoyed going to the shore and traveling for Florida.

LeMar Shumaker is from Pittgas, PA but has lived in the Greencastle area for years. He was a floor covering salesman so knows lots of people. He also is a huge follower of the Greencastle high school sports and they gave him a jacket to honor him. He loves music and exercising on his bike at home.

Q&A: How can I exchange days for my loved one? All you have to do is call Vicki or Wendy and we'll handle the rest. The sooner we know is helpful especially if it's for an appointment and you know ahead of time. We usually can juggle days without too much problem. Remember, transportation has to be notified also.

Rabbittransit and ElderDay Closings for 2017

1-800-632-9062 or rabbittransit.org

Rabbittransit is closed on the following holidays ONLY if they fall on a week day. Otherwise, they and ElderDay will be opened for our usual service. Yes, this is a change from the previous Franklin County schedule that is no longer available.

CLOSED:

New Year's Day
Memorial Day
July 4th
Labor Day
Thanksgiving Day
Christmas Day



December Birthdays

Stephanie H. 12/2
Lillian B. 12/14
Charlie W. 12/17
Della B. 12/31

Holiday Snack Mix

3 cups each of the following: wheat thins, honey nut cheerios, wheat chex & crispix cereal, small pretzels sticks, mixed nuts, holiday M&M's, goldfish, bugles – layer in a large roasting pan. It's easy to double since it disappears quickly.

Mix 1 cup Orville Redenbacher popping oil and 1 package of Hidden Valley dry ranch dressing. Pour this over the top – DO NOT TOSS – Cover & let it sit for 12-24 hours then toss and put in containers or holiday bags.



We say THANKS to our Veterans at Elderday— Leroy Barthlow, Bob Faust, LeMar Shumaker, Jay Upperman, & Wendall Rothgeb.

Stress, depression and the holidays: Tips for coping

“Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.” By Mayo Clinic Staff

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

Tips to prevent holiday stress and depression.

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.

Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy

happiness with an avalanche of gifts.

Try these alternatives: Donate to a charity in someone's name; give homemade gifts; start a family gift exchange.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

Try these suggestions: Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks; get plenty of sleep or Incorporate regular physical activity into each day.

Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Some options may include: Taking a walk at night and stargazing, Listening to soothing music, getting a massage or reading a book.

Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Take control of the holidays. Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

DATES TO REMEMBER



Cumberland Valley Stroke Club meets the 3rd Thursday of each month on the 4th floor of the Chambersburg Hospital. For more information call Chris Parker at the hospital at (717)267-7901.

Alzheimer's Support Group Meetings:

Magnolias of Chambersburg
746 Norland Avenue, Chambersburg
Melissa Buksa - (717)264-6000
last Wednesday at 6:00PM

Providence Place Chambersburg
2085 Wayne Road, Chambersburg
Jamie Trotty - (717)709-0668
3rd Tuesday at 3:00PM

Quincy Village
6595 Orphanage Road, Colestock Building
Bryson Room Quincy
Heather Coy/Margaret Cook - (717)749-2330
2nd Wednesday at 3:00PM

Village of Laurel Run
6375 Chambers Road, Fayetteville
Connie Faust/Tammy Swisher - (727)352-2721
last Thursday at 6:00PM

Fulton County Medical Center
Pearl Conference Room, McConnellsburg
Misty Hershey/Amy Varner - (717)485-3155
2nd Thursday at 6:00PM

ElderDay HAIR CARE HOURS

Monday – Friday (by appointment)

Beauty Shop Rates

Men's Haircut \$17.00

Ladies' Haircut \$21.00

Wash, Set or Blow/Iron \$19.00

Wash, Set or Blow Dry/Iron & Cut \$39.00

Shampoo \$11.00

Shampoo and Blow Dry \$15.00

Shampoo, Cut and Blow Dry \$31.00

Perm, Set, Cut \$63.00

Color and Set \$39.00

Color, Set and Cut \$58.00

FAQ: HOW DO I ENROLL MY FAMILY MEMBER IN RABBITTRANSIT AND IS THERE A COST?

Answer: You can either email them www.rabbittransit.org to get their application on line or I have the application here at ElderDay. Once it's completed and returned to them you will be added to the list for service to and from ElderDay. There is a cost and this is addressed on the application also. Staff escorts all clients on and off the busses.